



# BBQ PORK PATTIES

*green beans, toasted pecans, Creole Dijonnaise jicama slaw*

**COOK TIME**  
30 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
780

**NET CARBS PER SERVING**  
19 GRAMS

**MENU**  
KETO // PALEO // GLUTEN-FREE

Quick, simple, and flavorful—you’re looking at your new weeknight dinner hero. With just seven ingredients, this dish features caramelized pork patties coated in a gluten-free barbecue sauce. And on the side, tender green beans with toasted pecans, and a jicama slaw tossed with Creole Dijonnaise for some major Cajun flavor. Sometimes less really is more!

### INGREDIENTS (7 ITEMS)

- 6 oz **Green beans**
- ½ oz **Pecans** T
- 3½ oz **Cabbage & carrots**
- 2¾ oz **Jicama**
- 10 oz **Ground pork\***
- 3½ oz **Barbecue sauce with coconut aminos** T
- 1¾ oz **Creole Dijonnaise with avocado mayo** E

### WHAT YOU’LL NEED

- medium & large sauté pans
- mixing bowls
- measuring spoons
- peeler
- thermometer
- cooking oil
- salt & pepper

### ALLERGENS

- T TREE NUTS (coconut, pecans)
- E EGGS

**COOKING TIP** 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**Validate**  
Certified gluten-free by the Gluten Intolerance Group’s Gluten-Free Safe Spot Program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

\*Ground pork is fully cooked when internal temperature reaches 160°.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork. Consuming raw or undercooked pork may increase your risk of foodborne illness. Go to [greenchef.com/faq](http://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

# 1 PREP

- Trim stem ends off **green beans**. Halve widthwise.
- Roughly chop **pecans**.
- Roughly chop **cabbage\* and carrots** if necessary.
- Carefully peel **jicama**. Lay flat and cut lengthwise into planks, about ¼ inch thick. Cut planks lengthwise into sticks, about ¼ inch thick.

*\*The ingredient you received may be a different color.*

## COOKING FOR 4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

# 2 MAKE MIXTURE & FORM PATTIES

- Place **ground pork** in a large bowl. Add about 1½ tablespoons **barbecue sauce with coconut aminos**. Season with about ¼ teaspoon salt and about ¼ teaspoon pepper. Mix thoroughly to evenly distribute ingredients.\*
- Form **pork mixture** into two patties, about ¼ inch thick.

*\*For the best results, use your hands and gently fold the pork mixture into itself until sauce and seasonings are evenly distributed.*

# 3 COOK PATTIES

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Once pan is hot, add **patties**. Sear 3-4 minutes on each side, or until fully cooked and lightly browned.
- Drizzle with remaining **barbecue sauce**. Cook 1-2 minutes, or until sauce is warmed through.

# 4 SAUTÉ GREEN BEANS

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **green beans** to hot pan. Cook 4-5 minutes, or until green beans begin to soften, stirring occasionally.
- Add **pecans**. Cook 2-4 minutes, or until green beans are tender and pecans are toasted, stirring occasionally.\* Season with salt and pepper.

*\*If the pan seems dry while cooking, add another 1-2 teaspoons cooking oil.*

# 5 MAKE SLAW

- Place **cabbage and carrots** and **jicama** in a medium bowl. Drizzle with **Creole Dijonnaise with avocado mayo**. Toss to combine. Season with salt and pepper to taste.

# 6 PLATE YOUR DISH

- Divide **BBQ pork patties** between plates. Spoon any remaining **sauce** from pan over top. Serve **green beans with toasted pecans** and **Creole Dijonnaise jicama slaw** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (405g)

Amount per serving

**Calories** 780

	% Daily Value*
<b>Total Fat</b> 64g	82%
Saturated Fat 13g	65%
Trans Fat 0g	
<b>Cholesterol</b> 115mg	38%
<b>Sodium</b> 1200mg	52%
<b>Total Carbohydrate</b> 25g	9%
Dietary Fiber 6g	21%
Total Sugars 14g	
Includes 0g Added Sugars	0%
<b>Protein</b> 28g	
Vitamin D 0mcg	0%
Calcium 91mg	8%
Iron 3mg	15%
Potassium 921mg	20%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Ground Pork** [pork], **Barbecue Sauce with Coconut Aminos** (Orange Juice [organic orange juice], Yellow Onions, Coconut Nectar [coconut tree sap], Tomato Paste [vine ripened organic tomatoes], Apple Cider Vinegar [apple cider vinegar], Garlic, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Sea Salt, Smoked Paprika), **Green Beans**, **Pecans** [pecans, canola and/or peanut and/or sunflower oil], **Red Cabbage**, **Carrots**, **Jicama**, **Creole Dijonnaise** (Granulated Garlic, Sweet Paprika, Smoked Paprika, Ground Cayenne Pepper, Ground Cumin, Celery Seeds, Dried Basil, Sea Salt, Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Apple Cider Vinegar [apple cider vinegar])

### Allergen information:

Contains Egg And Tree Nuts

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*

